



Nutrition and Wellness

FCCLA STAR Events Information

(Students Taking Action with Recognition)

Nutrition and Wellness, an individual or team event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health. Participants must prepare a portfolio, visuals, and an oral presentation.

Project Connections

Top 5 Skills Students Report Learning Through Participation

- Creativity
- Teamwork
- Responsibility and Time Management
- Decision Making or Problem Solving
- Public Speaking

Career Clusters



National Family and Consumer Sciences Standards

- Reasoning for Action Comprehensive Standard
- 1.0 Career, Community and Family Connections
- 4.0 Education and Early Childhood
- 6.0 Family
- 7.0 Family and Human Services
- 8.0 Food Production and Services
- 9.0 Food Science, Dietetics, and Nutrition
- 10.0 Hospitality, Tourism, and Recreation
- 12.0 Human Development
- 14.0 Nutrition and Wellness

Common Career Technical Core/Career Ready Practices

- 2.0 Apply appropriate academic and technical skills.
- 3.0 Attend to personal health and financial well-being.
- 5.0 Consider the environmental, social and economic impacts of decisions.
- 7.0 Employ valid and reliable research strategies.
- 8.0 Utilize critical thinking to make sense of problems and persevere in solving them.
- 11.0 Use technology to enhance productivity.

FCCLA Programs



Projects may qualify to compete at the annual National Leadership Conference.
 Turn this page over to see examples of projects from across the nation and participation data.
 For information on state participation, contact your state adviser.



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Examples of Nutrition and Wellness Projects:

"This project impacted my family because my mom and I suffer from Type 2 diabetes. In my project, I tracked what we ate, when, and how much through using a food diary, as well as what type of exercise." Arizona FCCLA Member

"I tracked my food intake and exercise to help me reach my goal of wrestling at 135 pounds. I used a food tracker and set goals for myself." Kansas FCCLA Member

"Over five weeks, I tracked food intake and exercise for teachers who volunteered for the project. Each week I gave them a letter, informational flyer, a gift, and personal notes. I made individualized plans for them that included meals, exercise, water, and sleep." Missouri FCCLA Member

"As a future chef, this project helped me to understand how nutrition positively nourishes the mind, body, and soul." Ohio FCCLA Member

"Four people in my church youth group agreed to participate in tracking food intake and exercise. I developed three main goals for each of them based on the result of their tracking." Tennessee FCCLA Member

Nutrition and Wellness by the Numbers: 2018-2019

Participants Nationwide: 182 participants
Levels: 1 (through grade 8), 2 (grades 9-10), 3 (grades 11-12)
Type of Event: Foundational
Nationwide Impact: 5680 people

82% of Nutrition and Wellness participants indicated this event is extremely or very useful to their future.
31% of Nutrition and Wellness participants indicated they would pursue higher education related to the career chosen in their project.

To learn more about FCCLA STAR Events, visit the national FCCLA website, www.fcclainc.org, or email starevents@fcclainc.org.